



## **Week of 5-18-26 Greenville Splash Workout #1**

### **Warmup: 1000 – 25+ minutes**

400 free swim ez @ 8:00

300 stroke/free swim @ 6:00

200 25 kick/25 swim @ 4:00

100 choice @ 2:00

### **Preset: 600 > 12 minutes**

6 x 100 free drill @ 2:00

**Odd:** 5 strokes tarzan drill and 7 strokes normal free

**Even:** 10 strokes free and 4 strokes breast

### **Main Set: 2100 > 41.5 minutes**

3 x 200 free no turn swims – do not touch the wall @ 4:00

6 x 100 free 5 strokes – practice alligator eyes – sight breathing @ 1:45

6 x 50 drafting – swim right/left hip – proper draft position @ 1:00

6 x 50 drafting – 3 swimming down the lane @ 1:00

6 x 50s kick middle of pool – tread water 10 seconds – swim fast 1:10

**Warmdown:** 200 choice

**Total: 3900 meters**



## Week of 5-18-26 Greenville Splash Workout #2

### Warmup: 10 min choice

### Preset: 400 > 8 minutes

4 x 100 – with fins

IM kick/swim >75 kick/25 swim each stroke (fly/back/breast/free) 2:00 interval

### Stroke Set: 400 > 10.6 min

**odd: drill even: swim**

4 x 25 :40 interval FLY

4 x 25 :40 interval BACK

4 x 25 :40 interval BREAST

4 x 25 :40 interval FREE

### Main IM Set: 1500 > 35 minutes: 3 times through below:

2 x 50 butterfly 1:00

2 x 50 backstroke 1:00

2 x 50 breaststroke 1:10

100 free EZ 2:00

100 IM FAST 2:00

Masters minute between rounds

**Total: 2300 yards (not including warm-up or cool down)**



## **Week of 5-18-26 Greenville Splash Workout #3**

### **Warm up: 1000 > 30 minutes**

400 ez pull or swim

300 50 kick/50 swim alternate

200 25 stroke/25 free

100 choice

### **Round 1: 2300 > 45 minutes**

4 x 150 free @ 2:50 then 1 x 200 free fast!

3 x 150 free @ 2:45 then 1 x 200 free fast!

2 x 150 free @ 2:40 then 1 x 200 free fast!

1 x 150 free @ 2:30 then 1 x 200 free fast!

### **Round 2: 1600 > 29 minutes**

4 x 100 free @ 1:45 then 1 x 150 free fast!

3 x 100 free @ 1:40 then 1 x 150 free fast!

2 x 100 free @ 1:35 then 1 x 150 free fast!

1 x 100 free @ 1:30 then 1 x 150 free fast!

### **Round 3: 900 > 18 minutes**

4 x 50 free @ 1:00 then 1 x 100 free fast

3 x 50 free @ :55 then 1 x 100 free fast!

2 x 50 free @ :50 then 1 x 100 free Fast!

1 x 50 free @ :45 then 1 x 100 free fast!

### **Warmdown: 200 ez choice**

**Total: 6000 meters**